



The Food and Nutrition Service
Proudly Presents the

**2003
BEST PRACTICES
AWARDS**

For Outstanding Achievement in the
Child Nutrition Programs

National School Lunch Program

School Breakfast Program

After School Care Snack Program

Seamless Summer Feeding Waiver

United States Department of Agriculture

By Pamela Fields, MPRO

BEST PRACTICES

Dear School Food Service Professional:

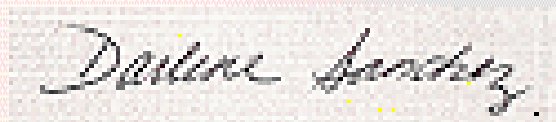
The Food and Nutrition Service is proud to recognize the Mountain Plains Region's 2003 "Best Practices" award winners for exemplary accomplishments in the Child Nutrition Programs.

I am personally committed to making sure that all school food service personnel in the Mountain Plains Region have the tools and training they need to fully implement the Dietary Guidelines and the Healthy School Nutrition objectives. This booklet is one of those tools. By recognizing and sharing information on outstanding practices in school food service, we hope to encourage similar program practices in schools throughout the Region.

For many years, I have been supporting health and nutrition issues and we all know that there is a strong relationship between good nutrition and good health. School food service professionals are on the front line of the effort to provide students with the nutritious foods they need to grow into healthy, productive adults. With your hard work and enthusiasm, we will succeed.

I thank you for your commitment and your support.

Sincerely,

A handwritten signature in cursive script, reading "Darlene Sanchez". The signature is written in black ink on a light-colored, slightly textured background.

DARLENE SANCHEZ
Regional Director
Special Nutrition Programs

USDA BEST PRACTICE AWARD CATEGORIES

Reaching Needy Children in the Summer

Increasing School Breakfast Program Access



Increasing the Consumption of Fruits and Vegetables

Healthy School Nutrition Environment

Reaching Needy Children in the Summer

SALT LAKE CITY SCHOOL DISTRICT

Innovative and successful efforts in promoting the summer feeding program

Salt Lake City School District has sponsored the Summer Food Service Program (SFSP) for 38 consecutive years. During the late '90s the Program started to struggle to maintain customers. The goal of serving 100,000 summer lunches annually appeared to be just out of reach. Not accepting mediocrity, a group of dedicated employees, students and concerned community leaders put their heads together and developed a plan for success that shattered all previous goals and expectations. Next they used demographic maps to hone in on populated areas that would support large summer feeding sites. Partnerships were developed with neighboring school districts, city parks and community centers to allow summer feeding sites in needy populated areas. Realizing the potential for growth the school district used the opportunity to make some changes in the way they operated the Program. Attractive, nutritionally balanced meals were prepared and fresh salads and fruits were shipped on ice to the sites in newly purchased larger vans. Team leadership training gave employees more opportunities to develop their skills in dealing with the responsibilities of the daily Program operations. As a result of all this hard work and dedication, Salt Lake increased its summer meals participation by 56.83 percent in 2000, another 34.10 percent in 2001 and an additional 33.32 percent in 2002. Currently the SFSP lunch projection now exceeds 300,000 meals!



Program Size: 43 Schools

ADP: NSLP 13,777

SBP 4,715

**Contact: Kelly R. Orton, Director
Child Nutrition Programs**

Salt Lake City School District

440 East 100 South

Salt Lake City, Utah 84111

Phone: (801) 578-8625



Increasing School Breakfast Program Access

RAYTOWN C-2 SCHOOL DISTRICT

For excellent and innovative practices to increase access and participation in Raytown's School Breakfast Program

The Raytown C-2 School District is truly committed to the education of their students and understands that each student will perform better if they eat a healthy breakfast. The Raytown Breakfast Program focuses on what is best for the students and best for each individual school. The Program has been developed for flexibility and ease because 80 percent of the elementary and 75 percent of the middle school students are bused to school. With this in mind, students need to be served quickly to protect valuable classroom time. The most widely used innovative and creative approach to this Breakfast Program barrier was the introduction of "Breakfast in a Bag" which minimized disruption of classroom time. Bags filled with breakfast food items are located outside of the cafeteria, on a cart, just inside the door where the buses unload. Students take their "Breakfast in a Bag" to the classrooms. This allows them time to eat while listening to the teachers' morning announcements and directions. Another innovative aspect of the Raytown Breakfast Program is the cooperation among teachers, principals, foodservice staff and students who work together to make their Breakfast Program successful.



Program Size: 15 schools
ADP: Breakfast 1,480
Lunch 5,542
Contact: Nancy Coughenour
Food Service Director
Raytown C-2 School District
10601 East 59th Street
Raytown, Missouri 64133
Phone: (816) 268-7076



Increasing the Consumption of Fruits and Vegetables

NEBO SCHOOL DISTRICT

For outstanding and creative efforts to increase student consumption of fresh fruits and vegetables in the National School Lunch Program

The Child Nutrition Coordinator at the Nebo School District came up with a great idea while enjoying a "Salad Shaker" from one of the local fast food restaurants. Since this item is so popular, she decided to market the "Salad Shaker" in her own School Lunch Program as well. The entire school district, including students and teachers, were instrumental in making this marketing venture a huge success. They displayed posters and announcements were made at meetings held by the Principal. In addition, schools marketed the new "Salad Shakers" over the intercom and trained lunch personnel. It was a smash hit with the students. The "Salad Shakers," using salad shaker containers, consisted of diced turkey or diced ham, a variety of different vegetables, shredded cheese, cherry tomatoes and a packet of ranch dressing. The coordinator was on a roll and decided to increase the consumption of fruit as well. Through a partnership with the Dole Company the foodservice was able to offer miniature bananas during breakfast and lunch for two months. These two ideas that were a great hit with the students have made a huge impact by selling on an average of 250 salads per day. The new foods generated excitement among the students, increasing participation by 1% from the previous year (which equates to 21,000 additional meals per year). With the increased use of fresh salad ingredients, food costs dropped 2%. It doesn't sound significant, but during a year's time this creative idea equates to a savings of \$3400. Their goal is to increase participation by 1% each year.



Program Size: 31 schools
ADP: NSLP 14,300
Contact: Bill Vest
Child Nutrition Supervisor
Nebo School District
350 South Maine
Spanish Fork, Utah 84660
Phone (801) 354-7437



Healthy School Nutrition Environment

PIPER SCHOOL DISTRICT NO. 203

For excellence in promoting a healthy school nutrition environment while operating the National School Lunch Program

The Piper School District made changes to their feeding programs that had a major impact on the quality, choices, and marketing of their school lunch and breakfast meals. Their program was not keeping up with the changing times and eating patterns of the students. The school district hired a new Foodservice Director and, after making an assessment of the students' food choices and the plain and simple menus that were offered, she made a commitment to change the menus. Prior menus did not offer a variety or choices among menu items. Food costs were far above projected range. In August 2002, the commitment to change to a healthy school foodservice environment took effect. The Director worked with the P.E. teachers and coaches to teach healthy eating as well as physical activities. Student taste testing was also conducted to learn what foods the kids like best. In addition, entree choices were available every school day, which included a deli bar, fresh fruits and a salad bar. Staff used a monthly menu program that provided nutrition education and fun activities for students and parents to read. They developed marketing events that were fun, educational and involved the whole school. The results were remarkable. School lunch purchases increased by 11 % district wide. The high school saw 50 % of its students eating school lunch; Program costs fell to within the budget and waste was reduced by over 75%.

**Program Size: 4 schools
ADP: NSLP 236
Contact: Bridget McNabb
Food Service Director
Piper School District No. 203
4400 North 107th Street
Kansas City, Kansas 66109
Phone: (913) 721-2100**

